

# We're becoming locavores

I'm becoming more and more concerned about the state of our food.

I hear about the '100-mile diets', which advocates eating locally-grown food (within a 100-mile radius), and the more I hear, the more I'm becoming a believer.

People of that mindset are locavores, in other words, they strive to eat locally-grown food.

And I'm being drawn to their side.

A friend of mine sends me emails about anything and everything—most often a bit off-coloured.

But lately, he forwarded a link to a short video which made me stop and think.

Sponsored by Hellmann's (the mayonnaise people) this video explains how the state of food production in Canada, especially in Ontario, is becoming so import-driven that we will soon become so dependent on imports that our local producers will simply shrivel up and die.

Some of the figures quoted are quite sobering. For example, we import 53 per cent of our vegetables, and 93 per cent of our fruits. In the past 40 years, our red meat imports have increased by 600 per cent, yet our population has only increased by 15 per cent.

There are other facts and figures stated, like Nova Scotia's 2007 blueberry production was one-half of what it was four years earlier. In 2004, Alberta, imported \$170 million in vegetables, yet exported a mere \$400,000.

Even Ontario, considered to be the prime vegetable-producing area in Canada, imports \$4 billion more than it exports.

The video sends out a message, not only regarding the costs of imported foods, but also the fact that buying imported foods also affects local producers' income.

The family farm is fast disappearing, as the players cannot afford to compete with the cheaper imported foods.

Development in the GTA isn't helping. In the second half of the 20th century, Central Ontario lost more than 50 per cent of its farmland, to accommodate the housing and industrial expansion of the GTA.

I stopped buying imported vegetables years ago. If it comes from some South American country, I simply

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won't buy it. Those countries have very few restrictions on pesticide and herbicide use, compared to that grown by our American neighbours and our own local producers.

The bottom line— I refuse to eat chemical-laden vegetables.

Another point: imported fruits and vegetables are picked weeks in advance of being shipped so they can look their best by the time they land in Canada, whereas locally-grown foods are in the stores within hours or days of being picked.

The Hellmann's video culminates with the message to visit their website at [www.realfoodmovement.ca](http://www.realfoodmovement.ca) to search out local producers and various other info about buying locally. The video can be seen on YouTube by searching Hellmann's food commercial.

On our own home front, The Sidekick and I are contemplating raising some animals to be slaughtered for our own consumption. In doing so, we would not only have cheaper meat, but would know exactly what its been fed.

So The Sidekick and I are becoming locavores. We're not restricting ourselves to a 100-mile diet scenario, but we will strive to buy produce grown within Ontario.

It's not too late to take action. In spite of the fact that family farms are dwindling, if a respectable market is there, the family players will return to the farms.

Before buying it, take a look at that label in the grocery store. Take a look at the country of origin. If it's not Canada, put it back on the shelf and buy locally. In doing so, that action will serve a dual purpose.

It will send a message to the grocery stores.

And more importantly, it will help several dwindling businesses in rural Canada.

Council also approved an amendment by Wards 1&2 Regional Councillor Clark Somerville calling on the Provincial government to exempt all legions in Ontario and then the Province pay back to the municipalities a payment in lieu of taxes.

The Town then would receive the \$20,000 as payment in lieu of taxes, Somerville said.

He said this would help some of smaller legions that are financially struggling.

—By Cynthia Gamble, staff writer

## Town extends tax exemptions for legions

The Town is giving the two local legions a tax exemption for their lands and buildings for the next 10 years.

Halton Hills Council approved the exemption at a recent meeting. It's been given since 1998.

The exemption by the Town and Region for the Acton Legion is \$18,490/year and for the Georgetown Legion, \$2,880/year.

Both Oakville and Burlington exempts its legions, but Milton does not.

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## Georgetown District Seniors Centre

318 Guelph Street (rear of building)

905-877-6444

## Annual General Meeting

Thursday, March 29, 2012 ~ 1:00 pm

Please plan to attend this important meeting and hear what your Centre has accomplished in 2011.

Elections will be held for vacant positions on the Board of Directors.

Lunch will be available for purchase.



## PUZZLE of the week

Across

1. Clan chief in medieval Scotland

6. Warm's up

11. Big wine holder

14. Cliffside dwelling

15. Beau

16. "\_\_\_ Maria"

17. Quality of being drawn out

19. Fold, spindle or mutilate

20. "Not to mention ..."

21. Bumpkin

22. "Wheel of Fortune" choice

23. Deception

25. Shrinks back in fear

27. Condition sometimes treated by hypnosis

32. Part of BYO

33. \_\_\_-eyed

34. Hairy-chested

36. \_\_\_ manual

39. \_\_\_ orange

41. Bar order

42. Riot

43. Discover

44. 3 feet (pl.)

46. Absorbed, as a cost

47. Astronaut's insignia

49. Being in low spirits

51. Shipping hazard

54. Anger

55. "\_\_\_ for the poor"

56. \_\_\_ terrier

59. Bags

63. \_\_\_ juice (milk)

64. Retort at end of a heated discussion

66. Blackout

67. Extra

68. Bullwinkle, e.g.

69. Mamie's man

70. League members

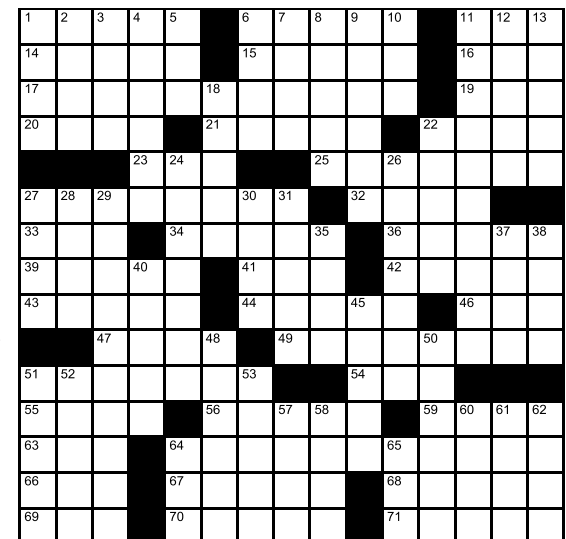
71. Assignment

Down

1. Standard monetary unit of Samoa

2. Command to a dog

3. Coastal raptors



4. Man hired as an escort

5. After expenses

6. Beethoven's "Archduke \_\_\_"

7. Wild goose sound

8. Ruler in Arabia

9. Founder of Methodism

10. "Help!"

11. Animal that feeds on blood of birds and mammals

12. Be of use

13. Graceful fliers

18. Howler

22. Lush

24. Huge

26. A swift horse

27. "American \_\_\_"

28. Barely beat, with "out"

29. Marine polyp that resembles a flower

30. Gross

31. Up, in a way

35. Shrek, e.g.

37. Network of intersecting blood vessels

38. Coaster

40. Snatches

45. Invisibile spirit appearing in human or animal form (Muslim)

48. Game keeper?

50. Bleep out

51. Poets' feet

52. Disguise

53. Largest lake in northern Italy

57. Any thing

58. Clears

60. Call to a mate

61. Big cheese

62. "Let it stand"

64. Congratulations, of a sort

65. Clock standard (abbrev.)

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Look for the answer to this week's puzzle at

[www.carpetpalace.ca](http://www.carpetpalace.ca)